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NDP, Greens strike deal

Leaders announce 4-year deal to form minority government

Matt Kieltyka
Metro | Vancouver

B.C. Green party Leader Andrew Weaver, left, and B.C. NDP Leader John Horgan in Victoria on Monday.
THE CANADIAN PRESS

Green Party Leader Andrew Weaver said he saw a different side of NDP leader John Horgan during negotiations since May 9's historic election.

Both intend to see a different side of the Legislature soon, swapping their opposition seats for the other side of the floor to form a minority government.

The two parties have announced they've struck a four-year "confidence and supply agreement" to form British Columbia's next government, one that will end the B.C. Liberal's 16-year reign over the province.

The NDP's 41 seats and the Greens' three would represent a majority of votes in the Legislature, more than the Liberals' 43.

Weaver has been in negotiations with both parties since election night and said he was willing to work with both as long as they met certain Green conditions, such as banning union and corporate donations in politics and moving toward a proportional representation electoral system.

The terms of agreement between the NDP and Greens won't be released until Tuesday (the NDP caucus still needs to ratify the deal), but Weaver said it will focus on commonalities between the party platforms.

The NDP supported both campaign financing and electoral reform during the campaign.

"We were very, very close with both parties," said Weaver, cryptically. "And there were some things that we felt were important where some values were a little more common than others."

One big hint the Green leader did drop, however, was on opposition to Kinder Morgan's Trans-Mountain pipeline expansion.

"Obviously there are some things that are near and dear to my heart, to the heart of my caucus colleagues, as well as to the hearts of the BC NDP and their caucus," he said. "One of the things I can say, the issue of Kinder Morgan is one that I have been heavily invested into. The issue of Kinder Morgan was one that was critical to (the Greens) and I think you'll see that reflected in tomorrow's announcement."

Horgan, meanwhile, admitted the idea of being premier gave him an extra spring in his step Monday.

"I am very excited about the prospect of delivering to the people of British Columbia what they voted for on May 9, and that was change," he said. "Andrew and I have worked very closely together over the last number of weeks. We've brought forward the issues that bring us together and highlighted the issues that separate us.

"And we've come to a conclusion that a government run by the BC NDP, with the support on issues around supply and budgeting (from the Greens), can in fact deliver the British Columbians a government that is focused on people."

Asked about their sometimes fierce and adversarial personal relationship — an issue that came up during the campaign — both leaders denied there would be any problems working together.

"To be blunt: I think John and I saw a different side of each other in negotiations," Weaver said.

Premier Christy Clark did not speak to media Monday, but released a statement calling on the NDP and Greens to make their agreement public.

"We have made every effort to reach a governing agreement, while standing firm on our core beliefs," said the Liberal leader. "It's vitally important that British Columbians see the specific details of the agreement announced today … which could have far-reaching consequences for our province's future.

"As the incumbent government, and the party with the most seats in the legislature, we have a responsibility to carefully consider our next steps."

Clark promised to say more on the situation Tuesday.

She previously said the Liberals still intend to form government.

The Greens and NDP would be in a position to topple it in a vote of confidence as soon as the Liberals table a throne speech or budget, and would then ask the province's lieutenant-governor for a chance to govern.

While less likely, it's possible the lieutenant-governor could also call a new election if unconvinced the Greens and NDP could effectively govern the province.

Large condos pushing culture out of Chinatown

PROPERTY

Advocates say a 2011 zoning change hasn't worked

Jen St. Denis
Metro | Vancouver

It turns out that condos might not be able to solve all our problems.

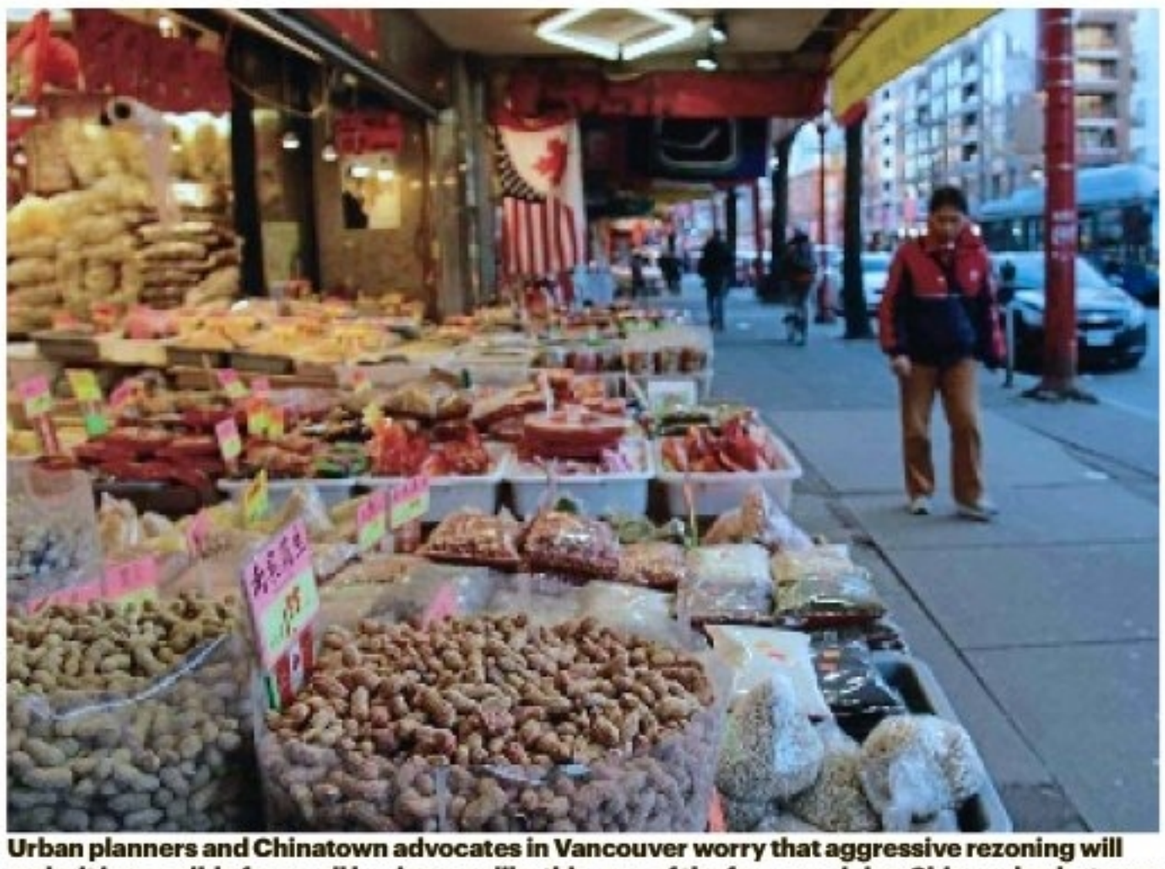
At a marathon public hearing for a proposed condo building on an important corner of Vancouver's Chinatown, many speakers voiced their opinion about how several new condo buildings in the area had accelerated gentrification in the neighbourhood.

"It's the feeling of the community that the larger developments are out of scale and lacked character," said Carol Lee, the chair of the Vancouver Chinatown Revitalization Committee.

"Trading character for public benefit is not worth it, and the pace of development puts pressure on existing businesses and residents."

Beedie Living has proposed to build a 12-storey condo building at Keefer and Columbia. The site is located across from the Chinese Cultural Centre and in front of a memorial to Chinese veterans. While 90-foot buildings are currently allowed under the zoning for the area and developers can ask for up to 120 feet, Beedie's proposal is 115 feet.

The developer has offered to sell the second floor of the building to BC Housing for 25 units of low-income seniors' housing, eight of which will be at welfare or pension rates; and to make one of the commercial spaces on the first floor available for seniors' cultural activities at a discount.



Urban planners and Chinatown advocates in Vancouver worry that aggressive rezoning will make it impossible for small businesses like this, one of the few remaining Chinese herb stores in the neighbourhood, to survive. WANYEE LI/METRO

> It's the feeling of the community that the larger developments are out of scale and lack character
>
> Carol Lee, the chair of the Vancouver Chinatown Revitalization Committee

The proposal comes in the wake of two condo buildings at Keefer and Main, completed in 2014 and 2016, following a 2011 change to the zoning for the area that allowed for building up to 90 feet, higher than the previous 70 foot maximum. Apartments in the two buildings sell for $1 to $2 million, and one-bedrooms rent for around $1,800.

At the time of the zoning change, Lee said, it was thought that more development in the area would revitalize the area, which is home to many low-income people and where traditional businesses have struggled.

But seven years later, "we've found out the hard way these large buildings that were supposed to revitalize the community with economic impact had the opposite effect," Lee said.

The proposal attracted hundreds of speakers and public hearings have stretched over several days. Council was expected to vote on the proposal at the conclusion of the public hearing. Many of the speakers spoke about the historic racism and discrimination towards Chinese immigrants that led to the creation of Chinatown, and how it is still the only neighbourhood in Vancouver where many people of Chinese heritage feel they can connect with their culture.

Others spoke about grandparents who spent their last days in social housing in Chinatown, living full lives in a vibrant community. Supporters of the project have praised the seniors' housing addition and said Chinatown needs more residential development to revitalize the area. City planning staff have commended the project for adding smaller commercial spaces for small businesses, some of which open onto a back lane in keeping with Chinatown's historic character.

But several historians and planners have said opposition to 105 Keefer is comparable in importance to the 1970s fight against a freeway through Chinatown, which had a lasting impact on Vancouver's downtown.

"At the retail level, which is particularly important, they contain large new facilities that are geared to the wider population, (like) the inevitable Starbucks," said Nathan Edelson, a former Vancouver city planner, of the new condo buildings. "This has triggered speculation and a significant rise in commercial rents in the area that has driven out many of the cultural and historic uses."

Some speakers also expressed scepticism about the promised social housing, saying there are too few units for the lowest-income seniors.

Andy Yan, an urban planner, noted some of the expected commercial uses for the project are bars and restaurants, and he questioned whether the one floor of seniors' housing on the second floor is simply soundproofing for the higher floors. The original proposal suggested the second floor would be commercial. "Seniors social housing should not be used … (as) sound buffers to luxury market condos units," he said. "It is disrespectful of our elders and sets a terrible precedence for building in the City of Vancouver."

A review of the 2011 zoning change is expected to come before staff in June.

UNION

Board to decide nurses dispute

A battle over the leadership of the BC Nurses Union is heading to the province's labour relations board.

Will Offley was hoping to unseat incumbent Gayle Duteil, but says his candidacy was terminated, along with those of two other people running on the same BC Nurses Vote For Change platform.

Offley says the labour relations board is to hear their complaint on Tuesday.

He's hoping the board will rule he and fellow candidates Sharon Sharp and Mary Jean Lyth, should be returned to the ballot and that the union must hold elections as planned.

Duteil, along with the union's vice-president and treasurer, were acclaimed after the Vote For Change slate was dropped, because of what the acting executive director said was campaign misconduct.

Umar Sheikh said the three violated agreements not to publish false statements in their campaign literature.

The alleged misconduct included Vote For Change criticizing policies that provide executive officers with high salaries, travel and car allowances and other perks, Offley says in a news release.

The union's executive officer elections were slated from May 23 to June 2 until the Vote For Change candidates were banned.

The release says elections for regional officers are underway with several BC Nurses Vote For Change candidates still running.

THE CANADIAN PRESS

LGBTQ

Hearing expected in B.C. human rights case for transgender inmate

A lawyer for a transgender woman who was forced to stay in a men's jail says his client hopes her human rights case against the British Columbia government will change policies for other inmates.

Dan Soiseth said his client Jaris Lovado, who calls herself Bianca, was incarcerated at the Surrey Pretrial Centre for five months last year before being moved to a women's facility after filing multiple complaints.

The Justice Ministry tried to have Lovado's complaint to the BC Human Rights Tribunal dismissed, but the tribunal ruled the case is worthy of a further hearing. BC Corrections has a policy of housing inmates according to their self-identified gender unless health and safety concerns can't be resolved.

The ministry told the tribunal that during a previous stay at the Alouette Correctional Centre for Women, Lovado engaged in inappropriate relationships with female inmates and posed a safety risk to women who may have experienced trauma.

It also said Lovado displayed a "male persona."

"We don't know exactly what that means," Soiseth said.

Soiseth, who represents the Community Legal Assistance Society, said there was no evidence provided of any safety concerns and it's not unusual for inmates to have relationships.

He said the main issue is that Lovado, who was serving time for fraud-related charges and breaching conditions of release, faced discrimination as a transgender person.

Lovado was moved to the women's facility in Maple Ridge last September after she agreed to meet behavioural expectations. The tribunal's written decision stated Alouette Correctional Centre initially declined to accept Lovado as a transfer based on information from BC Corrections that she'd been living in the community as a male.

The decision said an April 26, 2016 email from Surrey Pretrial said Lovado refused to be skin frisked by a male but that the deputy said Lovado should undergo that procedure because she had "the equipment of a male."

Lovado did not respond to requests for comment, and the Justice Ministry said it could not provide information until the election writ is returned.

THE CANADIAN PRESS

Lawyer Dan Soiseth speaks about his client Bianca Lovado, who failed to show up for a news conference, in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS

metro NEWS
Your essential daily news

Sri Lankan rescuers rush to help thousands affected by mudslides, floods. **World**

Sink Coast Guard, face protest

MARINE SAFETY

Union warns of consequences if dive rescue team gets cut

David P. Ball
Metro | Vancouver

A union representing Coast Guard members hopes the agency bends on its decision to end its B.C.-based dive rescue team — reminding the Coast Guard of protests and even civil disobedience it faced over similar cuts in 2012.

The decision, announced last Thursday, will see seven members of the 26-person crew at its Sea Island hovercraft base in Richmond laid off and the rest reassigned to non-diving roles.

But concerns continue to surface about the decision, particularly about the impact on safety once rescuers are no longer able to enter sunken, capsized or submerged vessels and vehicles in what's known as "penetrative dives."

The cuts could save nearly $500,000 a year, said the federal agency's western assistant commissioner Roger Girouard, though he estimated it would likely be less.

That's comparable to the $700,000 that the former Conservative government of Stephen Harper hoped to save by shuttering the Kitsilano Coast Guard station in Vancouver — sparking protests and a 2015 Liberal promise to reverse the closure.

A Canadian Coast Guard hovercraft, based out of the Sea Island station in Richmond, travels in English Bay in Vancouver. THE CANADIAN PRESS

Axing a similarly costly facility just to the south feels like "hypocrisy," argued Dave Clark, the Pacific region vice-president of the Union of Canadian Transportation Employees, which represents Coast Guard members. Clark said the union and its members are planning to fight the latest cut.

But not everyone supports a dedicated dive team. Metro spoke with a former Coast Guard diver of 20 years who moved into other agency roles shortly after the dive team first formed. Capt. Tony Toxopeus said he wasn't surprised in the slightest about the move to discontinue the team but hoped the dive knowledge gained wouldn't be entirely wasted when staff are reassigned.

> They're going to end up putting that money in the bucket somewhere, and who knows where it'll end up getting spent.
> Capt. Tony Toxopeus

"It became a big thorn in the Coast Guard's side," Toxopeus said in a phone interview. "The hovercraft unit is a great operation … but costs a horrendous amount of money to operate, even without having to add on extra divers.

"If they could look at me in the eye and promise me that the money they're going to save on that program would be properly spent on search-and-rescue on the West Coast here, it wouldn't be a bad decision. But you know what? They're going to end up putting that money in the bucket somewhere, and who knows where it'll end up getting spent."

Girouard said the fact it's the only such station in the entire Canadian Coast Guard's operation — with ports elsewhere handling emergencies without such capacity — singled it out when the federal Liberals called for a staffing and budget review.

"That's exactly the situation that Prince Rupert and Halifax face," he said.

"No doubt there's a diminution of capability, but it's been a rare and unique capability that's very rarely ever been employed.

"Not to suggest there haven't been some saves in 20 years or so — there have and I'll acknowledge that — but its rareness gave it some scrutiny."

Clark and other members warned of the safety consequences of the decision: for instance, in past cases in which cars fell into the ocean and needed a diver to rescue a passenger — or recover their body.

"At the end of the day, we hope nobody drives off the end of a pier," Girouard replied, "but if a vessel or vehicle does end up capsized, response will occur and the team will do its best from the surface side.

"Then there is some onus on somebody inside to try to effectively escape."

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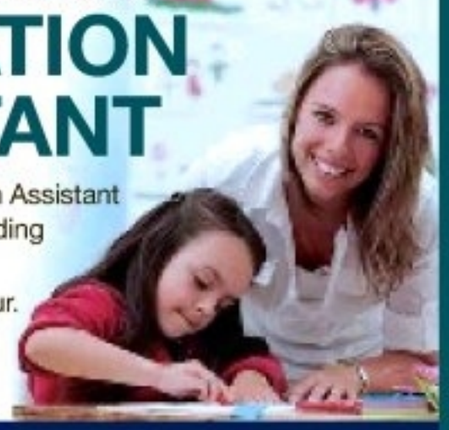

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Film sheds light on ayahuasca

SPIRITUALITY

Documentary tracks growing trend of Peru's psychdelic brew

David P. Ball
Metro | Vancouver

Two filmmakers are raising funds online for a documentary, years in the making, about a British Columbia shaman known simply as "Dave."

Dave spent decades studying a mysterious combination of two psychoactive plants that make up the medicinal brew ayahuasca, used ceremonially by the Shipibo Indigenous people of Peru.

Also known as Ronin Niwe, the unlikely shaman originally hailed from B.C. and still lives here when not practicing at the Espíritu de Anaconda retreat centre.

The film, directed by Todd Harris, has another B.C. connection: its subject offers ayahuasca ceremonies and retreats for renowned Vancouver physician Dr. Gabor Maté, author of In the Realm of Hungry Ghosts: Close Encounters with Addiction, and his patients.

The subject of the new ayahuasca documentary The Path of the Shaman is a B.C. resident known only as "Dave." CONTRIBUTED

"This film goes to the next level to give (ayahuasca) the light it deserves," the film's producer, Christina Gooding, told Metro in a phone interview. "When you look at issues like mental health, addiction, childhood trauma, sexual abuse — things that our society struggles to even talk about, let alone heal — it felt like an incredible opportunity to share this message and help people see there could be a different way."

Dr. Maté helped Downtown Eastside residents struggling with addiction, trauma and mental-health issues find healing using ayahuasca — until the government of prime minister Stephen Harper threatened to strip him of his medical licence if he continued in Canada.

"Dave is no doubt one of the most experienced people in North America," Dr. Maté said in an interview featured in the documentary. "Few would have had the dedication to be in the jungle as long as Dave did.

> **Our society is sick, our society is depressed, and mass parts of the population have huge traumas.**
> 'Shaman Dave' (Ronin Niwe)

"He's a very experienced Ayahuasquero, and I've seen his work deepen immeasurably over the years that I've been associated with him."

Barred from continuing his research and treatments at home, Dr. Maté turned south, embarking on a series of "healing retreats" led by Shaman Dave in the Amazon, "integrating traditional Amazonian ceremonies with his psycho-therapeutic work," according to the film's promotional materials.

Gooding became fascinated by ayahuasca's healing potential after experiencing it herself. Yet she admitted it's almost impossible to describe with words.

"So much of it is mystical and mysterious in a way that's inexplicable," she said. "It can't be considered a drug — to compare it to any other psychoactive drug does it a disservice.

"I had my doubts about that before I did it, but it's truly a spiritual connection with the natural world that we're ultimately a part of.... It allows us to see into ourselves in a way that our ego and minds block us off to."

The experience, she reported, isn't easy, and not everyone is "called" to it. People should approach it with caution: Common side-effects include vomiting, nausea and hallucinations — all seen as part of the treatment itself.

"It is an incredibly powerful tool to help yourself," she said. "It's not the ayahuasca or the shaman doing it for you."

At time of publication, the IndieGoGo fundraising campaign had raised nearly $24,000 of its $50,000 goal. The campaign ends Wednesday.

For more information on the documentary The Path of the Shaman or to learn about its fundraising campaign, visit pathoftheshaman.com.

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Vancouver DIGEST

Driver hits three people
Police are investigating a 21-year old driver for impaired driving after he allegedly ran a red light and hit three pedestrians just outside Granville Island Sunday.

The three victims, two teenage boys and one senior, were crossing the road around 5 p.m. at West 4th Avenue and Anderson Street when a blue Mazda hit them. They were taken to hospital with non-life threatening injuries. The driver is not in custody at this time. WANYEE LI/METRO

Overdose kills student
The New Westminster School District says counsellors are helping students and staff cope with the death of a teen who took an unknown drug.

Police say the student, and a second who remains in critical condition after taking the same substance, became ill on Friday after buying the drug from a street dealer.

Police continue to investigate and have not determined what type of drug was consumed.
THE CANADIAN PRESS

Bike app helping reduce theft

TECHNOLOGY

About 800 fewer reported stolen in the last year

Wanyee Li
Metro | Vancouver

A bike-recovery app is making strides in reducing bike theft in Vancouver after it partnered with police one year ago.

About 800 fewer bikes were reported stolen in the last 12 months compared to the previous year, amounting to a 35 per cent decrease in bike theft, according to 529 Garage.

"We're thrilled that between reduced thefts and increased recoveries, Vancouver's co-operative approach impacted over a thousand bikes in just one year. We're looking forward to replicating this success in other major metros across North America," said J Allard, founder of 529 Garage.

The company launched its app in fall 2015 and partnered with Vancouver police during last year's Bike to Work week to encourage cyclists to register their bikes with 529 Garage.

A police officer applies a Project 529 sticker to a bike at a press event in Vancouver in 2015.
EMILY JACKSON/METRO

That effort paid off, with 20,000 people registering their bikes on the app and police were able to return every single stolen 529 Garage bike they could get their hands on, to its owner. In other words, police have had a 100 per cent success rate returning recovered bikes to their owners if it is registered with 529 Garage, according to Const. Jason Doucette, spokesperson for Vancouver police.

That's why Vancouver police are once again encouraging cyclists to register their bikes with 529 Garage for this year's Bike to Work week, running May 29 to June 4.

Over 2,000 bikes are stolen every year in Vancouver and only 15 per cent of the recovered bikes were returned to owners, according to police. That's because many people aren't able to provide police with the serial number of their bike or other identifying descriptors, said Doucette.

"Help us combat property crime by participating in the 529 Garage registration and recovery program. It's free to register and it will greatly improve the chances of getting your bike back should it be stolen."

The 529 Garage maintains a record of your bike's serial number and appearance as well as the owner's contact information, which then enables police to reunite people with their stolen bikes if it is recovered.

Owners of registered bikes are also able to alert local police if their bike is stolen through the app.

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Working toward papal apology

VATICAN CITY

Pope Francis, PM Trudeau meet to discuss reconciliation

Canadians are anxious to reconcile with Indigenous Peoples, Justin Trudeau described telling Pope Francis on Monday as he asked the pontiff to apologize for the role the Catholic Church played in the tragedy of residential schools.

The Pope — himself no stranger to the cause of social justice, he noted to Trudeau — seemed open to the idea, the prime minister said as he related the broad strokes of their private conversation at the Vatican.

"He reminded me that his entire life has been dedicated to supporting marginalized people in the world," Trudeau said after he arrived back in Rome.

Pope Francis also expressed his enthusiasm for working with the prime minister and the Canadian bishops on finding a way forward on the issue of an apology, as recommended by the Truth and Reconciliation Commission.

PM Justin Trudeau meets with Pope Francis for a private audience at the Vatican. THE CANADIAN PRESS

The commission included the demand for a papal apology — to survivors, their families and communities — as one of the 94 recommendations in its report on the dark 120-year history and tragic legacy of residential schools.

Trudeau, who has promised to act on each recommendation, had previously committed to speaking to the Pope about an apology, but pointed out he could not compel the pontiff to agree.

On Monday, Trudeau said he invited the Pope to visit Canada in the coming years, and thanked him for the global leadership he has shown on climate change.

"We talked about how important it is to both highlight the scientific basis of protecting our planet, with the moral and ethical obligation to lead and to build a better future for all people on this earth," he said.

Trudeau, a religious Catholic, suggested the meeting gave him some spiritual fulfillment.

"I also had an opportunity to have a deeply personal and wide-ranging, thoughtful conversation with the leader of my own faith."

THE CANADIAN PRESS

Reactions

1 Edmonton — Fernie Marty, an elder living in Edmonton with roots in the Elizabeth Métis Settlement, says an apology from Pope Francis to residential school survivors would go a long way towards reconciliation and might help both younger and older generations reconnect to the faith.

2 Calgary — Jason Goodstriker, who sits on the Aboriginal Friendship Centre of Calgary's board of directors, says the ask should really come from First Nations leaders. He also thinks a leader who attended a residential school should make the request.

3 Winnipeg — Clayton Thomas-Muller, an Indigenous activist with 350.org, said: "For Justin Trudeau to speak on our behalf ... continues to breathe life into the ongoing historical record of the patriarchy of the Canadian state." Thomas-Muller said that the prime minister should have had representatives, including survivors of residential schools, on the trip. METRO

NOVA SCOTIA

Texting and driving caused death, say RCMP

Haley Ryan
Metro | Halifax

Police in Nova Scotia have laid a "unique" set of charges against a man accused of killing a pedestrian while texting and driving.

On March 11, RCMP say a 54-year-old man died after being struck by a car in Cape Breton, as he was flagging passing motorists for help.

The suspect vehicle failed to stop, a release said at the time, and the victim was taken to Cape Breton Regional Hospital where he was later pronounced dead.

"That's the first time I've seen that," Cpl. Jennifer Clarke, Nova Scotia RCMP spokeswoman said on Monday. "It doesn't mean it's never been laid before, but let's just say it's unique."

After an investigation, RCMP's Cape Breton Traffic Services announced on Monday they had charged a Thomas Joseph Smith, 26, of Sydney, in the case.

Clarke said the case shows how serious the consequences of texting and driving can be.

metro EFFECT

Canada steps up in fight against famine in East Africa

Gilbert Ngabo
Metro | Toronto

The Canadian government is stepping up its efforts to counter the threat of famine.

International Development minister Marie-Claude Bibeau announced Monday the launch of the Famine Relief Fund, an effort that will match donations made to registered Canadian charities for the same cause between March 17 and June 30 this year.

The commitment comes two months after Metro launched the Focus On Famine series, highlighting the growing hunger and famine in East Africa and the Middle East, and chronicling efforts of local immigrants to bring relief to desperate families.

The United Nations has already declared famine in some parts of South Sudan, while warning that millions of people in Somalia, Yemen and Nigeria are suffering from hunger and severe malnutrition.

About 20 million people in the four countries are at risk, while drought and instability in surrounding countries such as Kenya and Ethiopia add weight to the crisis.

A displaced Somali woman carries her child on her back on May 24, 2017 at a makeshift camp in the Garasbaley area on the outskirts of the capital Mogadishu, where people converge after fleeing their homes due to the dire drought conditions. GETTY IMAGES

Canada has already committed nearly $120 million towards the US$4.4 billion required to avert the catastrophe.

"This relief fund is needed now more than ever," wrote UNICEF Canada chief program officer Meg French in a statement.

Jamie McIntosh, World Vision Canada's VP of programs and policy, said there's still an alarming funding gap but government efforts such as the new relief fund bring much-needed hope.

"There's still an opportunity to pull millions of people back from the brink of starvation," he said.

+ CHARITIES

Charities to donate to for the matching funds:

Action Against Hunger, Adventist Development and Relief Agency Canada, Canadian Foodgrains Bank, Canadian Lutheran World Relief, Canadian Red Cross, CARE Canada, Islamic Relief Canada, Oxfam Canada, Plan International Canada, Samaritan's Purse Canada, Save the Children Canada, SOS Children's Village, UNICEF Canada, World Relief Canada, World Vision Canada.

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Over 160 killed, thousands displaced after mudslides

WEATHER

Sri Lanka grapples with devastating natural disaster

A group of Sri Lankan soldiers carried a body wrapped in a tarpaulin to police for identification, while others dug Monday through piles of mud, unearthing a motorbike, pieces of furniture and clothes, the only signs of 15 homes that stood on Kiribathgala Hill just a few days ago.

Helicopters searched elsewhere for people still marooned after rain-triggered floods and mudslides inundated villages last Thursday, killing at least 169 people and leaving 102 others missing, officials say.

The rains caused part of Kiribathgala Hill to come crashing down, burying the 15 homes and their 26 inhabitants under huge rocks, mud and fallen coconut trees, village officer Udari Erabedda said. Soldiers have recovered 12 bodies, including those of two women and a child dug out on Monday. The others remain missing.

Mud and slush cover the slope at the site of a landslide on Monday in Kiribathgala, in Ratnapura district, Sri Lanka. THE ASSOCIATED PRESS

The hill in Sri Lanka's Ratnapura district, known for gems and precious stones, is 120 kilometres (75 miles) southeast of the capital, Colombo. Most residents make their living by tending small plots of tea or spices, or by working in nearby gem mines.

K.W. Robo Singo, 72, lost his daughter, granddaughter and four great-grandchildren.

"I heard a huge sound and saw large rocks and trees crashing down," Singo said. "Within five minutes everything was over, the whole area was a heap of mud."

Sriyani Mallika wept as she pointed to the area where her brother's home once stood. She said her brother, his wife and two children were all buried under the mud. Her brother tended a tea plot and wanted to educate his son to become a doctor, she said.

Terrified villagers huddled in a nearby school, having left their homes for fear of more mudslides.

With more rain expected later Monday, rescuers raced to evacuate villagers from the most vulnerable areas around the country. Already, more than 75,000 people have taken shelter in 337 relief camps set up in the south and west.

An air force helicopter on a relief mission crash-landed near Baddegama town in the south on Monday. All 11 people onboard escaped unhurt. Earlier, an airman died after falling while trying to rescue a marooned person from the air. Army boats skimmed along water-filled village streets, while flood victims waded through the brackish waters to army trucks carrying relief supplies. THE ASSOCIATED PRESS

DISASTERS

Mudslides have become common during Sri Lanka's summer monsoon season as forests across the tropical Indian Ocean island nation have been cleared for export crops such as tea and rubber. Another massive landslide a year ago killed more than 100 people.

MANCHESTER

Police seek clues in suitcase

Police in Manchester, England issued a picture of the arena suicide bomber holding a blue suitcase and asked anyone who might have seen him with it before the attack to call a confidential hotline.

Counter-terrorism squads are trying to re-create Salman Abedi's movements in the days before he detonated a bomb at an Ariana Grande concert in Manchester, killing 22 people. Police believe Abedi had the wheeled suitcase with him at two locations in Manchester.

The suitcase was not used in the attack, which was carried out when Abedi detonated an improvised bomb minutes after the concert ended, Greater Manchester Police Detective Chief Superintendent Russ Jackson said. Jackson tried to reassure nervous residents of Manchester that the bag does not pose a risk to public safety. But if any members of the public find it, they should not approach it, but call police immediately, he said.

The investigation expanded Monday when police arrested a 23-year-old man on the south coast of England, hundreds of miles south of Manchester. Police said he was arrested on suspicion of terrorism offences. THE ASSOCIATED PRESS

The type of case that Salman Abedi was seen to be carrying. AP

MARAWI

Fears grow of increasing Daesh foothold in southern Philippines

Inside this lakeside city dotted with hundreds of mosques, a powerful militant designated by Daesh as its leader in the Philippines has managed to unify a disparate group of gunmen under a single command.

Over the past week, his fighters have shown their muscle, withstanding a sustained assault by the Philippine military and increasing fears that Daesh's violent ideology is gaining a foothold in this country's restive southern islands, where a Muslim separatist rebellion has raged for decades.

The army insists the drawn-out fight is not a true sign of the militants' strength, and that the military has held back to spare civilians' lives.

"They are weak," Gen. Eduardo Ano, the military chief of staff, said of the gunmen, speaking at a hospital where injured soldiers were being treated. "It's just a matter of time for us to clear them from all their hiding places."

Still, the fighters have turned out to be remarkably well-armed and resilient.

Attack helicopters were streaking low over Marawi on Monday, firing rockets at militant hideouts, as heavily armed soldiers went house to house in search of fighters.

For nearly a week, the militants have held the Philippine army at bay, burning buildings, taking at least a dozen hostages and sending tens of thousands of residents fleeing. Officials say the commander, Isnilon Hapilon, who is one of Washington's most-wanted militants, is still hiding somewhere in the city.

President Rodrigo Duterte declared martial law for 60 days in the south last week after the militants went on a deadly rampage in Marawi following a failed military raid to capture Hapilon. THE ASSOCIATED PRESS

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PHILOSOPHER CAT by Jason Logan

BLUEPRINT by Haley Ryan and Andrés Plana/Metro

Digging in downtown

Urban food forests are popping up in cities — places where people often don't live close to affordable, healthy food shops, let alone farmland. The situation is even worse in poorer neighbourhoods, a phenomenon known as food deserts. It's an international trend many are trying to reverse by planting gardens in empty lots, former landfills, even on barges to give urban dwellers a taste of the homegrown. **Here are some ways cities are putting down roots.**

1 Making an agrihood: In Detroit, The Michigan Urban Farming Initiative is turning derelict buildings into an urban "agrihood," an alternative growth model that puts local food at the middle of development. The food forest is spread over vacant land, occupied and abandoned homes, and provides free produce to about 2,000 households. FACEBOOK/THE MICHIGAN URBAN FARMING INITIATIVE

2 Guerilla gardening: In South Central L.A., gardener Ron Finley came out victorious in a showdown with a developer who wanted to seize the land he uses as a community garden. Big names like Bette Midler helped fund the $550,000 the developer demanded, especially after Finley's rousing TED Talk on guerilla gardening in empty lots. His pitch: "Growing your own food is like printing your own money." GETTY IMAGES

3 A floating forest: The Swale project is a forest open to foragers atop an old barge that travels to piers around New York City promoting public food. Visitors can harvest herbs, fruits and vegetables for free. The artist behind the project hopes more of the city's parkland can be converted into usable food-growing territory. INSTAGRAM/MARY MATTINGLY

5 Get on the vine: San Francisco has taken a love of wine to the grassroots with the Neighborhood Vineyards project. Through the hillside nooks and crannies of Alemany Farms, 349 Pinot Noir vines thrive. The group provides education about viticulture, while of course bottling and selling their own wine. NEIGHBOURHOODVINEYARDS.ORG

4 Trees from trash: The CERES Community Environment Park in Melbourne, Australia is built on a decommissioned landfill that was once a bluestone quarry. They now use solar energy to power a cafe and workshop space, while the farm yields hundreds of pounds of vegetables a year, plus a bush food nursery. FACEBOOK/CERES

WORD ON THE STREET by Aaron Chatha/Metro

Putting the public back in public art can help cities grow

The public in public art needs more attention, says consultant Ciara McKeown.

McKeown, with partner Brandon Vickerd, recently held a symposium at York University about the role of public art in Canadian cities.

She found many of the big conversations weren't around the art itself. The biggest issues were time, relationships and vision.

Talk to people

In cities with strong public art scenes, few pieces are dubbed controversial because the public is engaged in the process.

A big problem, according to McKeown, is when a piece is commissioned and — poof — overnight there's suddenly a sculpture in the middle of the city, with no conversation around it.

Looking forward in public art, she thinks artists need to be given more time to learn about a space, talk to the people in the community and learn its history. The public has to be part of the process — especially, she said, as there are often concerns when taxpayer dollars are being used to fund the art.

Have a plan

McKeown pointed to Vancouver or Waterfront Toronto as good examples of public art done right.

Instead of looking at public art on a case-by-case basis, the cities that are propelling it forward have cohesive vision, and often plan funding across multiple projects.

There's no standard process, but McKeown feels it helps when cities and organizations are able to shift, respond to new opportunities, and keep things feeling like part of a vision.

The worth of public art

Artists aren't just building this thing to fill a space. They're part of a conversation about what cities look like in the future, and where people in them belong.

McKeown believes public art asks vital questions about a city, and where or how it will grow.

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PUBLIC WORKS
The week in urbanism

GIRL GROWERS
B.C. has the highest proportion of female farmers in the country, according to census of agriculture data released earlier this month. Although the total number of farmers is declining, urban farms are credited by some with balancing out a gender gap in the, ahem, field.

CHOO-CHOO RE-DO
What to do with an old railway facility? In Tillburg, The Netherlands, a former hangar and maintenance facility will be transformed into a mixed-use library. It will include a music hall, galleries, work space and a restaurant.

CITY CHAMP Metro's city builder of the week

Jen Fischer is a certified Organic Masters Gardener and a graduate student at the University of British Columbia studying the intersections of urban nature, environmental sustainability and social innovation.
@JenLFisch

URBAN DICTIONARY

DEFINITION
A popular urban planning movement for much of the 20th century, the utopian **garden cities** idea promoted suburban living surrounded by agriculture.

USE IT IN A SENTENCE
Although it was built on lofty ideals, the **garden city** gave way to sprawl, urban highways, and bad planning decisions.

metro LIFE

Your essential daily news

Newfoundlanders brace for an influx of Come From Away tourists

KEYBOARD *confessional*

Why we tell Google our innermost thoughts and feelings — and that may be a problem for researchers

Google
Can I tell you a secret
Can I tell you I'm drunk
Can I tell you about my sex life
Can I tell you I'm anxious
Can I tell you I voted for Trump
Can I tell you I'm sad

ISTOCK/PHOTO ILLUSTRATION

Genna Buck
Metro | Toronto

Humans are a dishonest species.

We're not honest with our bosses, our friends, our family, our intimate partners, or with researchers who phone us for a survey.

But there's one situation when we don't lie. We don't lie to Google. The search engine is simultaneously our therapist, our confessional and our most trusted friend. Data scientist and economist Seth Stephens-Davidowitz, formerly of Google, has pored over the unfathomably large body of data concerning when, where and what people search on Google around the world. In his book Everybody Lies, he reports insights about what people are really thinking and feeling. He's learned Google users are kinkier than they admit, and more racist too, but most of all, people are desperately anxious and want to know they're not alone.

You were laughed out of academic journals with this idea. Now everybody's interested. What happened?

I was a graduate student in economics, and I became obsessed with all you can learn from what people search, particularly things people wouldn't otherwise admit. People lie to surveys, but they tend to be really, really honest on Google. I was considered very strange. I couldn't get the work published. I couldn't get an academic job. I was looking for other ways to get the work out there, and now I've written this book.

Did you learn anything profound about human nature?

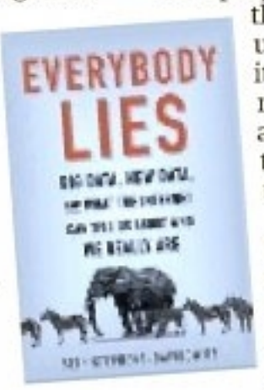
I think anxiety and insecurity is probably more widespread than we usually think. That would be a big takeaway. But I think also just people are complicated. The traditional methods of data collection have given us a very limited view of the human psyche.

Do you have a favourite finding?

Men make as many searches looking for how to give themselves oral sex as how to give a partner oral sex. My other favourite, which you would probably also put in the weird or one-off category — but I don't think it is — is that the top search in India starting "My husband wants" is "My husband wants me to breastfeed him." It points to this idea that there are facts about human nature we didn't know. There seems to be a somewhat widespread interest in adult men being breastfed in India. It hadn't been picked up by any of the usual data sources and it isn't talked about. Well, why India? What causes this to be so much higher in India and nowhere else?

Is this (research technique) going to change the way we look at elections? (Searches containing racial slurs were strongly associated with areas that unexpectedly went for Trump, such as Michigan and western Pennsylvania).

Surveys are getting worse and worse. The response rate is now under 10 per cent. Internet data is getting better and better. In a couple of election cycles, we're not going to be using surveys anymore. But (with election predictions), we're just going to predict an event that's going to happen in three weeks. The attention (on elections) is so enormous relative to its importance.



If elections aren't interesting to you, what is?

I talk about child abuse in the book. That's one area where the data is not good, because most child abuse cases aren't reported. But it turns out a decent number of children, really sadly, make searches such as "my dad hits me" or "my mom beats me." So we now maybe have the best data ever on when and where child abuse is rising.

And I talk about racism and hatred. We can break it down minute by minute. We can see how people are responding to the words politicians use in speeches — is it calming an angry mob, or inflaming an angry mob? That is, I think, pretty revolutionary.

What are your findings on that front?

There is clearly a strategy that is much better at calming an angry mob. And it's basically don't lecture to them, but provoke their curiosity. Talk about Shaquille O'Neal being Muslim; don't talk about how it's someone's responsibility not to hate Muslims.

What are you looking for in the data now?

I'm researching anxiety. I've become obsessed with it, because there are lot of things in the data that are really, really surprising. I'll give you one example: When Trump was running for president, he was saying a lot of scary things. Pretty much all my friends and family members and liberal people said they're terrified. Now, if you look at the data in parts of the United States that are really liberal, you don't see an uptick in searches for panic attacks or anxiety or anything like that.

(Maybe) people don't Google anxiety about Trump, even if they're really anxious. I'd be really surprised by that. The second possibility is people have a fixed amount of anxiety — they would have been anxious about their jobs or their kids, but now they're anxious about Trump. That would be a revolutionary change in how we think about anxiety. The third possibility is that people exaggerate how anxious they are about Trump because it's politically correct, when they tend to actually be much more anxious about their own personal situation. But you don't bother your friends with that. You sound like a good person if you're anxious about Trump.

One of your oddest findings is that people often type confessions like "I'm drunk" into Google. What could they possibly be hoping to find?

It's very strange. It's a little bit like the confessional in Catholicism. It is a widespread use of Google to type complete sentences into the search engine. You (may) get message boards where people are feeling similarly, so you feel less lonely. If you type, "I hate my boss," you might get message boards of people complaining about their bosses. If you type, "I'm sad," you get message boards of people who are also sad and you realize, "Oh, I'm not alone."

Adam Sandler and wife Jackie Titone ALBERTO PIZZOLI/AFP/GETTY IMAGES

MOVIES

Sandler, Pattinson draw awards buzz

It's a long way from May in France to February in Los Angeles, but the Cannes Film Festival has often been a breeding ground for Academy Awards campaigns.

Standing ovations at Cannes, which concluded Sunday, appear likely to lead to awards consideration for a number of big stars, including unlikely names like Adam Sandler and Robert Pattinson.

When Sandler has waded into drama, he's often won raves. But even more than his turns in Punch Drunk Love and Spanglish, Sandler's tender, rumpled performance as a recently divorced father in Noah Baumbach's The Meyerowitz Stories (New and Selected) was hailed as a new high point for the Sand Man. The Netflix release could also earn some attention for Dustin Hoffman, who with typical distinction plays the prickly father of Sandler in the film.

Meanwhile, Pattinson's scruffy, scuzzy performance as a Queens bank robber in Benny and Josh Safdie's Good Time was immediately hailed as a career-best for the 31-year-old actor. THE ASSOCIATED PRESS

Using a second language to help train your brain

EDUCATION

Juggling two vocabularies leads to mental 'workout'

Maria Christina Cuervo put her 10-year-old son Tomás in French immersion classes — but not just so he would learn to speak the language.

Cuervo knew that learning another language would not only open cultural and social doors for her son, a Grade 4 student at John Fisher Junior Public School in Toronto, but would also be healthy for his mind.

"If you speak two or more languages it trains your brain more," said Cuervo, a Spanish and linguistics professor at the University of Toronto. "It's like being more of an athlete."

The "workout" happens when the brain has to juggle competing vocabularies. For example, an English and French speaker has to decide between saying "cat" or "chat" each time they see one.

"You are thinking of words or structures in two different languages, so you have to suppress one to speak in only one language," Cuervo says. Doing this can strengthen the part of the brain that helps us process information and focus, she adds.

Different research studies show that bilinguals are better decision makers, can experience a later onset of dementia, are more perceptive, or think differently.

Last year's Oscar-winning movie Arrival tackled a version of that last idea — taking audiences on a quest with its star linguist (played by Amy Adams, whose character was informed by actual linguists such as McGill University's Jessica Coon) to communicate with alien "heptapods." The film illustrates (while taking a bit of creative liberty) what scientists know as the Sapir-Whorf hypothesis — a disputed theory that suggests that language can change the way we think and view the world around us.

This and other theories about the effect language has on a person's mind are not universally agreed upon by researchers. Some worry positive results indicated in lab tests don't translate into noticeable changes in real life.

"The effort doesn't match the goal," said Stanka Fitneva, a psychology professor at Queen's University who researches the connections between language, cognition and culture. While she agreed that learning a language is advantageous for one's brain, she noted that it might not be the easiest route for those who are exclusively after the cognitive benefits it can offer. Less-demanding activities and games (for example, Simon Says) she said, could give the brain's "executive function" (the part Cuervo was talking about that help us plan and prioritize) a workout in a similar way.

Ellen Bialystok, a psychology professor at York University who is recognized among language and brain experts as one of the top researchers looking at the impact of bilingualism on the brain, says there are significant cognitive benefits (and aside from that, cultural and social ones) from learning a language.

But she thinks the biggest payoff emerges later in life.

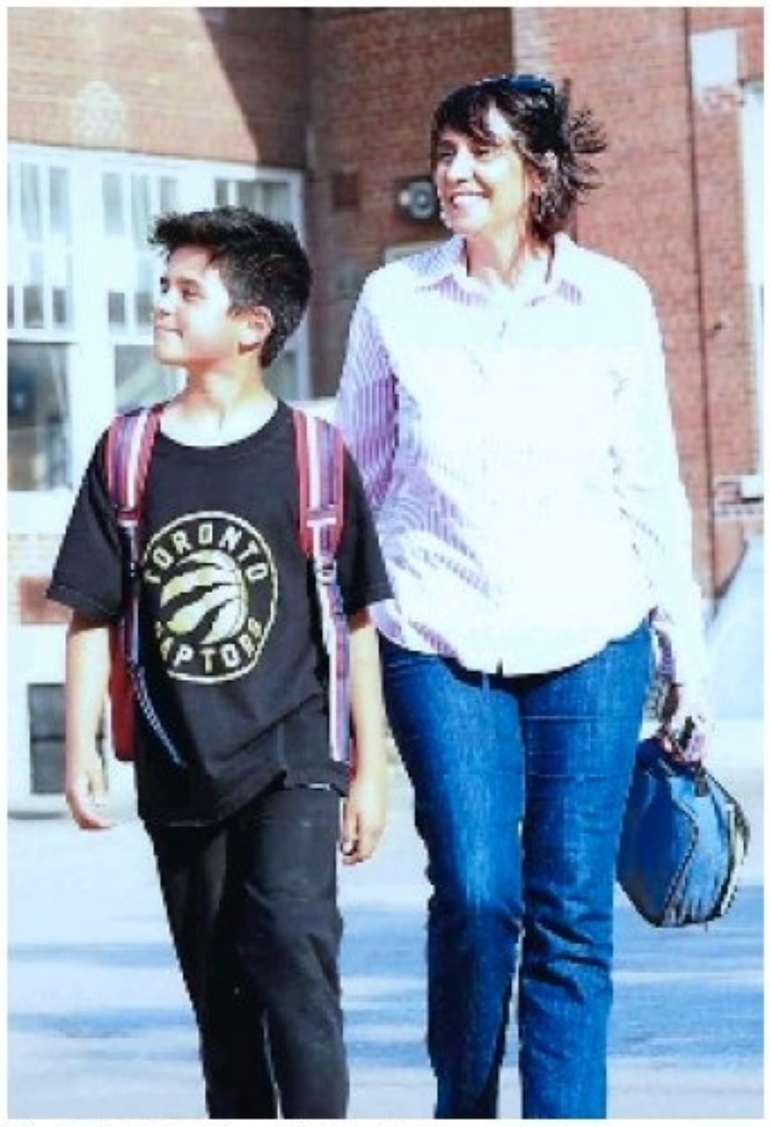
Bialystok pointed to a growing area of research, including some of her own, that has found people who speak more than one language can delay the onset of different types of dementia, including Alzheimer's for several years.

TORSTAR NEWS SERVICE

OTHER EFFECTS

Vocabulary size

There is research, including some done by York University's Ellen Bialystok, which has found that children who speak multiple languages have smaller vocabularies in each language than those who speak just one.



Maria Christina Cuervo thinks it's important that her son Tomás, 10, learns French. Research has shown bilinguals are better decision makers, are more perceptive and can experience a later onset of dementia. RENE JOHNSTON/TORSTAR NEWS SERVICE

Would you like to participate in a study on Pigmentation?

Dr. Gerald Boey is participating in a new research study. The study is to evaluate a new procedure to lighten benign pigmented lesions on your skin. Benign pigmented lesions may be sunspots, melasma, or seborrheic keratoses. The procedure would be performed by Dr. Gerald Boey with an investigational device made available for this study. The procedure would be in our office and you would be here for about 1 hour. During the procedure, small areas of your skin with pigmented lesions will be cooled with the investigational device. Each treated area will be about the size of a postage stamp.

The study would also require that:

- You are willing to have as many as 40 of these cooling areas on your skin.
- You return to our office for several follow-up visits for at least 3 months and maybe as long as 20 months.
- Photographs are taken of the area to be treated before and after the procedure, and at each follow-up visit.
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If you are interested, there are a now a few things that we need to make sure you don't have.
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- have scars or tattoos in the treatment area
- have a history of melanoma
- get sick or have a reaction when contacted with or exposed to cold
- have poor healing of wounds or injury to the skin

If none of these things are true and you are still interested, we'd like to schedule you for a more complete screening. When you come to the screening visit, which should take less than an hour, we will determine if you are eligible for the study. If you are, and you agree to participate, you will be asked to sign an informed consent document. You will then be scheduled for the procedure.

The company sponsoring this research study is also providing modest compensation for the time required for the study procedure and the follow-up visits. We will discuss this further at the screening visit if you are interested in participating.

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HEALTH DIGEST

FENTANYL

Red Cross doesn't fault man for refusing to perform CPR

A Canadian Red Cross official says he sympathizes with a Manitoba postal worker who refused to perform CPR on a woman he feared might have overdosed on fentanyl.

"I can't imagine the feeling that he or she was going through, knowing that they could have or wanted to help," said Don Marentette, the agency's director of first-aid programs.

Winnipeg mail carrier Corey Gallagher discovered a woman, who wasn't breathing, in an apartment lobby while he was delivering mail on Tuesday. A 911 dispatcher put him through to a paramedic, who told him to perform CPR.

Gallagher believed the woman had overdosed and decided not to perform CPR because he was concerned that white powder on her shirt could be fentanyl.

THE CANADIAN PRESS

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DIGITAL EFFECTS

Technology turns back clock on stars

26

In the new Pirates of the Caribbean movie, Johnny Depp looks like he did when he was 26 — around the time of 21 Jump Street and Cry Baby.

Johnny Depp is 53 but he doesn't look a day over 26 in the new Pirates of the Caribbean movie — at least for a few moments. There was no plastic surgeon involved, heavy make-up or archival footage used to take the actor back to his boyish Cry Baby face, however. It's all post-production visual effects, and after a decade of refining the process since Brad Pitt ran the gamut of time in The Curious Case of Benjamin Button, it's becoming commonplace in major Hollywood movies.

Depp is just the latest megastar to get the drastic de-aging treatment on screen, joining the ranks of Robert Downey Jr. (in Captain America: Civil War), Michael Douglas (in Ant-Man), Kurt Russell (in Guardians of the Galaxy Vol. 2) and scores of others getting digital facelifts to play younger versions of themselves. In the old days, a lucky unknown lookalike (or look-enough alike) could have scored the part of young Jack Sparrow or Tony Stark. Now, if the film has the budget, the stars get to have it both ways — and audiences get a nostalgic flashback.

Lola Visual Effects is responsible for Depp's transformation, and most of the Marvel tricks, which have included making Chris Evans scrawny for the original Captain America and Hayley Atwell some 70 years older for the sequel.

Lola was the pioneer behind Benjamin Button, too, and sells its services to all the major studios. It's one of a handful of vendors that have gotten in the so-called "beauty work" business. It's meant to go unnoticed (like removing a blemish), and buried under mountains of confidentiality agreements.

"Working on the human face is one of the, if not the most challenging thing to do," said Trent Claus, visual effects supervisor for Lola VFX. "People can tell when there is something amiss. Even if they can't put their finger on what is wrong, they can tell that something is wrong." THE ASSOCIATED PRESS

Stars like Kurt Russell (in Guardians of the Galaxy Vol. 2) have gone through drastic de-aging treatments on screen. CHUCK ZLOTNICK/DISNEY-MARVEL VIA THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

A comic take on all that crap men do and women put up with

THE SHOW: Unbreakable Kimmy Schmidt, Season 3, Episode 3 (Netflix)

THE MOMENT: The face-squish

Richard Wayne Gary Wayne (Jon Hamm) kidnapped Kimmy (Ellie Kemper) and forced her to marry him. In prison, he now wants a divorce so he can marry Wendy (Laura Dern). Kimmy's roommate Titus (Tituss Burgess) asks Wendy why in hell she'd want to marry Wayne.

"With Richard I know what I'm getting," Wendy says.

"He won't cheat on me with my neighbour — because he can't. He can't scream at me when the Steelers lose. He can't flip my cereal bowl in my face and call me a dummy."

"A man flipped cereal on you?" Titus asks, hands on his face in horror.

"Because now I eat my cereal at home before I go to the prison," Wendy barrels on.

Titus grips his face so hard the flesh squishes between his hands. Yesterday I wrote about sitcoms delivering a social message. Here's another one. Jokes here fly thick and fast, both high and low, everything from pooping in a body cast to Kimmy's applying to Roy Cohn Community College (look him up).

But there's a steel girder supporting the far-fetched premise: at heart, this series is about the crap some men pull, and the women who put up with that. Kimmy's former boss Jacqueline (Jane Krakowski) is an ex-trophy wife awakening to her mistakes. Kimmy's neighbour Lillian (Carol Kane) only reluctantly broke up with (real-life) accused murderer Robert Durst (Fred Armisen).

Kimmy is the ultimate baby feminist, gradually owning and defending her selfhood. Under the funny, show creator Tina Fey addresses some serious … poop.

Laura Dern and Tituss Burgess in Kimmy Schmidt. CONTRIBUTED

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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PLAID FOR DAD metro focus on prostate cancer

“Your whole world is put off-kilter

“It’s incredibly scary. Your whole world is put off-kilter. It’s scary, it’s like a roller-coaster ride because you want the very best possible of all outcomes ... Fortunately, mine is a story with a happy ending. I’m a facilitator of a support group for women and caregivers on a journey with their husbands, and I see so many other outcomes. And I consider myself to be just so incredibly fortunate, because all of those incredibly scary and life-altering changes that come when you are in a more advanced state of prostate cancer — I did not have to experience those with my family.”

Kelly Fedorowich, 50, lives in Calgary. Her husband is a prostate cancer survivor.

AS TOLD TO TAMAR HARRIS, FOR METRO CANADA

4,000

In 2016, an estimated 4,000 men died from prostate cancer.

SOURCE: PROSTATE CANCER CANADA, 2016

PROSTATE CANCER CANADA

June 16 is **Plaid for Dad Day** in Canada. People from across the country will wear plaid to help raise awareness and vital research funds for prostate cancer. Each Tuesday leading up to Father’s Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

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- Respond to client queries and follow-up on all client calls and emails
- Develop and present persuasive presentations
- Log daily sales activity into CRM

Why You Will Be Successful:

- 2+ years of demonstrated success in a similar role
- Dedication to achieving extraordinary results Excellent oral & written presentation, communication and negotiation skills
- Excellent time management skills, highly organized, detail oriented, efficient, ability to meet tight deadlines, ability to set priorities and manage daily tasks
- Digital Advertising experience an asset but not a requirement

Why You Will Love Working Here:

- The opportunity to be part of a company at the cutting edge of the digital media industry; you’ll never get bored in our fast-paced, constantly evolving and challenging environment
- We recognize that you have a life outside of work and we offer you real work/life balance
- We’ve got your health in mind; you’ll get a comprehensive benefits package (Extended Health Care, Dental, etc.) including a minimum of 3 weeks’ vacation

...And let’s not forget the **AWESOME PEOPLE!**

Interested individuals who want to be part of a winning culture are encouraged to express their interest by visiting our online careers page at https://careers-starmediagroup.icims.com.
We wish to thank everyone interested in joining the Metro team — All submissions will be treated as private & confidential

metro

Fingers serve as a good method to rid your sweater of pills — if you have the time.

PICTURES BY TORSTAR NEWS SERVICE

Don’t sweat your aging sweaters

LIFE HACK

These low-tech methods can help resurrect your wardrobe

Katrina Clarke
life@metronews.ca

Death-by-pilling is the sad fate that befalls my favourite sweaters.

It’s as if on cue, the fibres recognize they’re loved and let themselves go. They tangle and twist into little lint balls that sit stubbornly on the once-smooth fabric, announcing: “I’m loved and I don’t care what I look like!” But that plan backfires, because it’s straight to the back of my closet for aging items.

Cruel, I know. But I’m trying to change. That’s why I’m seeking guidance on how to resurrect sweaters from the sartorial dead.

Going straight to the source, I asked Google for answers. What I found was four low-maintenance methods on life hack websites and in articles that promise to eradicate pills. These methods required only basic tools — i.e. your hands — which appealed to me, but if you’re serious about de-pilling, you could always invest in a sweater comb. Yes, it’s a thing.

Test 1: The razor method
Tool: Razor
Test: Taking a five-blade razor, I ran the razor carefully over a spot on the fabric five times. I got worried about putting a hole in the sweater so I stopped there.
Result: The razor removed about half the noticeable pills.
Rating: 3/5

Test 2: The scissor method
Tool: Scissors
Test: Using a pair of kitchen shears, I carefully cut away each pill.
Result: It worked, but was tricky and labour-intensive. Since I had to pull each fluff off by hand after it was cut away, it makes sense just to use your hands.
Rating: 2/5

Test 3: The pulling method
Tool: Your hands
Test: I pulled the fluffs one by one off a 10 centimetre by 10 centimetre section of the fabric. It took about two minutes.
Result: This method removed almost all the pills but it takes time.
Rating: 5/5

Test 4: The Velcro method
Tool: Velcro
Test: Taking a piece of Velcro that was attached to a rain jacket (working with what I have here, people!) I brushed the Velcro over a spot on the fabric three times.
Result: It worked surprisingly well, but the Velco also pulled at the fabric. The section looked a bit fuzzy-looking by the time I was done.
Rating: 3/5

The Conclusion: Don’t give up on your poor, aging sweater. Instead, put those hands to work and get pulling.
Note: I tested these methods on a “performance fleece” sweater. Your results may vary depending on fabric. TORSTAR NEWS SERVICE

metro SPORTS

Quebec fullback/forward Josee Belanger, who helped Canada to bronze at the Rio Olympics, has announced her retirement from soccer

Puck luck goes against Preds as Pens take opener

2017 NHL PLAYOFFS
STANLEY CUP FINAL

Normally defensive Nashville fails in game of goals

Jake Guentzel helped the Pittsburgh Penguins avoid a humiliating defeat in Game 1 of the Stanley Cup final.

Guentzel broke a 3-3 tie with just over three minutes left in regulation as the Penguins hung on to beat the Nashville Predators 5-3 on Monday night. Pittsburgh had a 3-0 first-period lead completely unravel and failed to generate a single shot for about 37 minutes, including zero in the second period.

GAME 1 In Pittsburgh

"It's not textbook," said Pittsburgh captain Sidney Crosby. "We've got some things that we need to improve."

Crosby had two assists, Nick Bonino scored a pair and Evgeni Malkin found the back of the net as the Pens grabbed a 1-0 series lead. Conor Sheary also landed his first goal of the playoffs and Matt Murray made 23 saves.

Pekka Rinne was shaky in yielding four goals on only 11 shots for the Predators.

Ryan Ellis, Colton Sissons and Frederik Gaudreau scored for Nashville, their comeback attempt falling short in the first Stanley Cup final game in franchise history.

Mike Fisher was the only Pred with any experience in the final previously, but it was Nashville that looked at home early.

They even appeared to score first when P.K. Subban drove a blast past Murray less than seven minutes in. The former Canadiens defenceman broke into an exuberant celebration after the apparent goal, but his excitement was dulled when Penguins head coach Mike Sullivan challenged the play for offsides.

After a lengthy review, which saw officials huddled over an iPad at centre-ice, the goal was called back with Filip Forsberg deemed to have entered the zone early.

Dulled in their attack to that point, the Pens started to pick it up after the favourable decision and with just over six minutes left in the period, gained a full two-minute five-on-three advantage. Calle Jarnkrok drew the first whistle for interference and James Neal added the second with a needless cross-check on Trevor Daley.

Traded from Pittsburgh to Nashville for Patric Hornqvist (who drew the Jarnkrok penalty) in June 2014, Neal was booed when he was introduced before the game and grinned in response.

Malkin made him and the Preds pay with a one-time blast from the point — his eighth goal and 25th point of the playoffs. He was helped by Guentzel's presence in front and Crosby, who got the play started by blocking Mattias Ekholm's clearing attempt behind the net.

Containing Crosby and Malkin was a top priority for Nashville heading into the final with the Penguins duo — chasing their third Cup together — ranked Nos. 1 and 2 in post-season scoring.

Those efforts failed again with the Pittsburgh captain keying the second Penguins goal 65 seconds after the first.

After Brian Dumoulin kept a clearing attempt in at the blueline, Crosby got the puck down low, fought off a check and then found Chris Kunitz high in the zone. The double overtime goal-scorer in Game 7 of the Eastern Conference final, Kunitz quickly found Sheary on the weak-side and he fired past Rinne.

Bonino added the third goal in just over four minutes and third on seven shots to beat Rinne, a star through the first three rounds who gave up three goals total in a first round sweep of Chicago. THE CANADIAN PRESS

Penguins centre Evgeni Malkin celebrates his game-opening goal during the first period of Game 1 of the Stanley Cup final on Monday night in Pittsburgh. BRUCE BENNETT/GETTY IMAGES

CANADIAN CHAMPIONSHIP

Impact on attack vs. tired Caps

The Vancouver Whitecaps have the lead, but the Montreal Impact will have a lot on their side in the second leg of their Canadian Championship semifinal at Montreal's Saputo Stadium Tuesday.

Not only will the Impact be at home, they will be well rested against a Whitecaps side that will play its fourth game in 11 days.

They also have an away goal in the bag after their 2-1 defeat in the first leg of the two-game, total goals series in Vancouver last week.

And the Impact, who haven't played since then, will be free to use more of their regulars because they will have time to rest up before the New York Red Bulls visit in MLS action on Saturday.

"It is (an advantage), but in soccer it's not something you want to dwell on or put into the bank as a guarantee," said forward Dominic Oduro. "If you don't start right, like we did in Vancouver, we're going to be in trouble.

After beating Montreal, the Whitecaps lost 1-0 at home to D.C. United on Saturday.

But they will likely use a mostly different first 11, much as they did in the first leg, to try to keep the Impact off the scoresheet or add another goal or two.

"It's a great opportunity for the other guys," said Whitecaps coach Carl Robinson. "I'm going to obviously go with a similar squad as I did the last time. Give them the opportunity to play, which is what it's about.

"Maybe we can score a goal. We might need to score a goal."

Montreal can take the series with a 1-0 victory, but a trip to the final gets farther away each time the Whitecaps add a goal.

THE CANADIAN PRESS

I wouldn't say we're in the driver's seat because we're down a goal.
Impact coach Mauro Biello

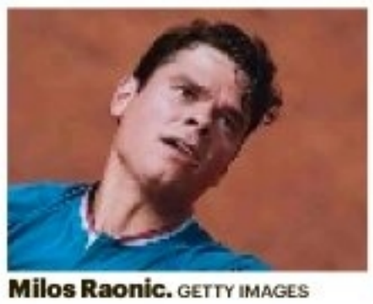
FRENCH OPEN

Raonic cruises into 2nd round in Paris

Fifth-seeded Milos Raonic is safely through to the second round of the French Open after sweeping past Steve Darcis of Belgium in straight sets.

The Canadian took just 92 minutes to beat the 38th-ranked Darcis 6-3, 6-4, 6-2 — taking the final game to love.

"I was able to break relatively early in all three sets, and just go about my business throughout the whole match. So I'm happy with that," Raonoic said.



Milos Raonic. GETTY IMAGES

In women's action, Montreal's Francoise Abanda opened with a 6-3, 6-4 win over France's Tessah Andrianjafitrimo.

THE CANADIAN PRESS

IN BRIEF

Bettman still opposed to NHLers at Olympic Games

Gary Bettman shovelled a little more dirt on NHLers playing at the 2018 Olympics Monday.

Speaking before Game 1 of the Stanley Cup final ian his annual state of the union address, the NHL commissioner said nothing had changed with regard to the Pyeongchang Games since a firm announcement last month that the league would not attend. THE CANADIAN PRESS

GOLF

Tiger says meds led to DUI charge

Tiger Woods attributed an "unexpected reaction" to prescription medicine for his arrest on a DUI charge that landed him in a Florida jail Monday for nearly four hours.

Woods, the 14-time major champion who had back surgery five weeks ago, was arrested on suspicion of DUI at about 3 a.m. Monday and taken to Palm Beach County jail. He was released on his own recognizance.

Jupiter Police spokeswoman Kristin Rightler said she did not have additional details about the circumstances leading to Woods' arrest, nor did she have any information about whether the arrest involved drugs or alcohol.

Tiger Woods
GETTY IMAGES

THE ASSOCIATED PRESS

Lions licking lips over tasty passing possibilities

Jonathon Jennings' receiving options will make for tough covers for Lions opponents this season. DARRYL DYCK/THE CANADIAN PRESS

CFL

Jennings could be more lethal with speedy new target Williams

Chris Williams is doing some extra work after a training camp session, cutting and stopping to test his surgically repaired knee under a trainer's watchful eye.

A few metres away, B.C. Lions quarterback Jonathon Jennings explains with the same precision what the newest addition to the club's receiving corps brings to the table.

"Speed and intimidation," Jennings said without missing a beat. "If I'm lined up at corner, I know I'm going to be afraid of somebody who runs like that."

It's early, but it's also already pretty clear opposing defences will have a lot to worry about when facing the Lions' aerial attack in 2017.

Apart from Williams, who signed with B.C. after two standout seasons with the Ottawa Redblacks, the Lions have the CFL's third- and fourth-leading receivers from a year ago in Emmanuel Arceneaux and Bryan Burnham.

"Explosiveness," Jennings added when asked what comes to mind for the group as a whole. "Those guys are super dynamic. You've got multiple guys that can do different things. "It's hard to stop that threat when there's so many of them."

Arceneaux had 105 catches for 1,566 yards and a CFL-high 13 touchdowns in 2016, while Burnham caught 79 balls for 1,392 yards and three TDs.

Mix in Williams, who finished sixth in receiving with 1,246 yards despite missing the last four games of the regular season after tearing his anterior cruciate ligament and meniscus, and the Lions feel like the sky's pretty much the limit in terms of production though the air as they look to improve on last year's 12-6 mark.

"All across the board you've got guys who can be a No. 1 receiver anywhere they go," said Burnham. "It's pretty awesome, especially the way we've meshed and have been working together. There's no egos here.

"We bring our lunch pails and we go to work."

The Lions were confident enough in Williams' rehabilitation to bring him on board as a big-ticket free agent in February, a move that head coach and general manager Wally Buono said should give defences pause no matter where the man who hauled in 77 catches and 10 touchdowns with the Redblacks last season lines up.

"Chris tilts the coverages," Buono said of the 29-year-old following a morning practice on the campus of Thompson Rivers University in Kamloops. "When you play against Chris Williams you've always got to be aware of Chris Williams.

"If nothing else, it takes some of the pressure off the other receivers."

> **His arm talent is elite, it really is. You can see it.**
> Chris Williams on Jonathon Jennings

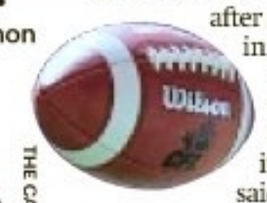
THE CANADIAN PRESS

The Lions led the CFL with 40 passing plays of 30 yards or more in 2016, but Jennings said Williams' ability to go deep should create even more opportunities.

"That threatens the defence so much," said the 24-year-old quarterback set to begin his second full season as a starter. "Just that threat of going deep will allow us to run smaller things underneath and get things over top as well when they press up."

While there's already lots of talk about B.C.'s passing game, it should be noted the club led the league in rushing last season and tied for the third-fewest sacks allowed thanks to a resurgent offensive line that looks to be in pretty good shape heading into 2017.

Williams was part of an explosive receiver group with Ottawa, which won the Grey Cup in November, and sees similar potential with the Lions, who also have former 1,100-yard slotback Nick Moore back healthy after he tore his knee in July.



"It's got all the capabilities to be whatever it wants to be," said Williams. "It's go- ing to come down to how hard we work and then you've got to have luck.

"You've got to stay healthy."

THE CANADIAN PRESS

MLB

Reds feel heat at the dome

MONDAY In Toronto

17	2
BLUE JAYS	REDS

Credit Cincinnati Reds manager Bryan Price for having a sense of humour after his team was on the receiving end of a 17-2 pasting from the Toronto Blue Jays.

"It could have been worse," Price said. "Their third-base coach was compassionate enough to not keep wheeling guys in to score."

Toronto scored early and often in the opener of the three-game inter-league series Monday night at Rogers Centre. Russell Martin hit a two-run homer in the second inning off starter Lasalverto Bonilla, Troy Tulowitzki belted a grand slam in the third and Justin Smoak tacked on a three-run shot in the fourth.

When it was all over, the Blue Jays (24-27) nearly doubled their season high for runs scored and finished with 23 hits, good for the third-most in franchise history.

Devon Travis and Ezequiel Carrera had four hits apiece and Kendrys Morales scored four runs as Toronto won for the sixth time in seven games.

"Those games are very rare at the big-league level," said Blue Jays manager John Gibbons. "So enjoy it when you get them."

The Reds opened the scoring with a run in the first inning and Adam Duvall hit a solo shot in the sixth inning off Blue Jays starter Marcus Stroman, who picked up his team-leading sixth win of the year.

But this game was essentially over by the midway point.

Tulowitzki's second homer of the season — and fourth grand slam of his career — put a charge in the Rogers Centre crowd of 29,844. Smoak turned it into a laugher with his 12th homer of the campaign.

THE CANADIAN PRESS

NBA FINALS

Cool coach Lue has Cavs confident ahead of Finals

Moments after the Eastern Conference championship banner was raised by the Cavaliers for the third straight time and the obligatory post-game interviews ended, Tyronn Lue slipped quietly away.

Cleveland's coach ducked into the shadows, his preferred location.

"I don't like the attention," he said.

But Lue, once a journeyman point guard who steered the Cavs to an NBA championship last season, has grown more accepting of his role. He'll again be centre stage this week as Cleveland meets Golden State in the third installment of their title trilogy.

Of the many juicy subplots between the Cavs and Warriors, one that frequently goes overlooked is Lue, the former assistant who has blossomed in no time into one of the league's brightest young head coaches.

Tyronn Lue
GETTY IMAGES

He's 28-6 in two post-seasons with Cleveland.

"It's just his level of calmness no matter what's going on," LeBron James said following practice. "He always talks about, at the end of the day, he's already won in life, so whatever else happens after this is extra credit. And I feel the same way. That's why I relate to him so much. Lose here, or you win a game here, it's like, 'All right, cool. I've already done so much more than anybody ever gave me credit of doing or thought I can do, so there's no reason to get too high or too low.'

Lue has been preparing for the biggest battle of his basketball career this week.

From the moment he returned home from Boston following the Cavs' win in Game 5 of the conference finals, Lue has immersed himself in the Warriors, a virtual All-Star team featuring two league MVPs (Kevin Durant and Stephen Curry), a dead-eye shooter (Klay Thompson) and a triple-threat performer (Draymond Green).

Lue's strategy to this point in the playoffs has been to neutralize the opponents' top player.

Lue was asked if it's more difficult to identify who that is on Golden State.

"Hell yeah," he said, his voice rising. "It's tough."

KERR UPDATE

Golden State's Steve Kerr expects to decide soon whether he will coach in the Finals, saying Monday he's not ready but hasn't ruled himself out for Game 1.

- Kerr has not feeling well since a May 5 procedure to repair a spinal fluid leak.

Game 1 is on Thursday night in Oakland.

THE ASSOCIATED PRESS

Troy Tulowitzki rounds the bases on his grand slam on Monday night.
TORSTAR NEWS SERVICE

MAKE IT TONIGHT

Zesty Apple Cheese and Bacon Frittata

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You could make this easy, healthy egg dish for dinner and still have some leftovers to take to work tomorrow.

Ready in 35 minutes
Prep time: 15 minutes
Cook time: 20 minutes
Serves 6

Ingredients
- 4 strips of bacon
- 8 eggs
- 1 cup grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1 Tbsp butter
- 1 apple, peeled, cored and thinly sliced

Directions

1. Preheat oven to 450 F.

2. In large, oven-safe skillet, sauté the bacon until crisp. Turn off heat. Place bacon on paper towel to drain and wipe skillet with another piece of paper towel.

3. Meanwhile, in a large bowl, whisk eggs. Add half of both cheeses to eggs and whisk again.

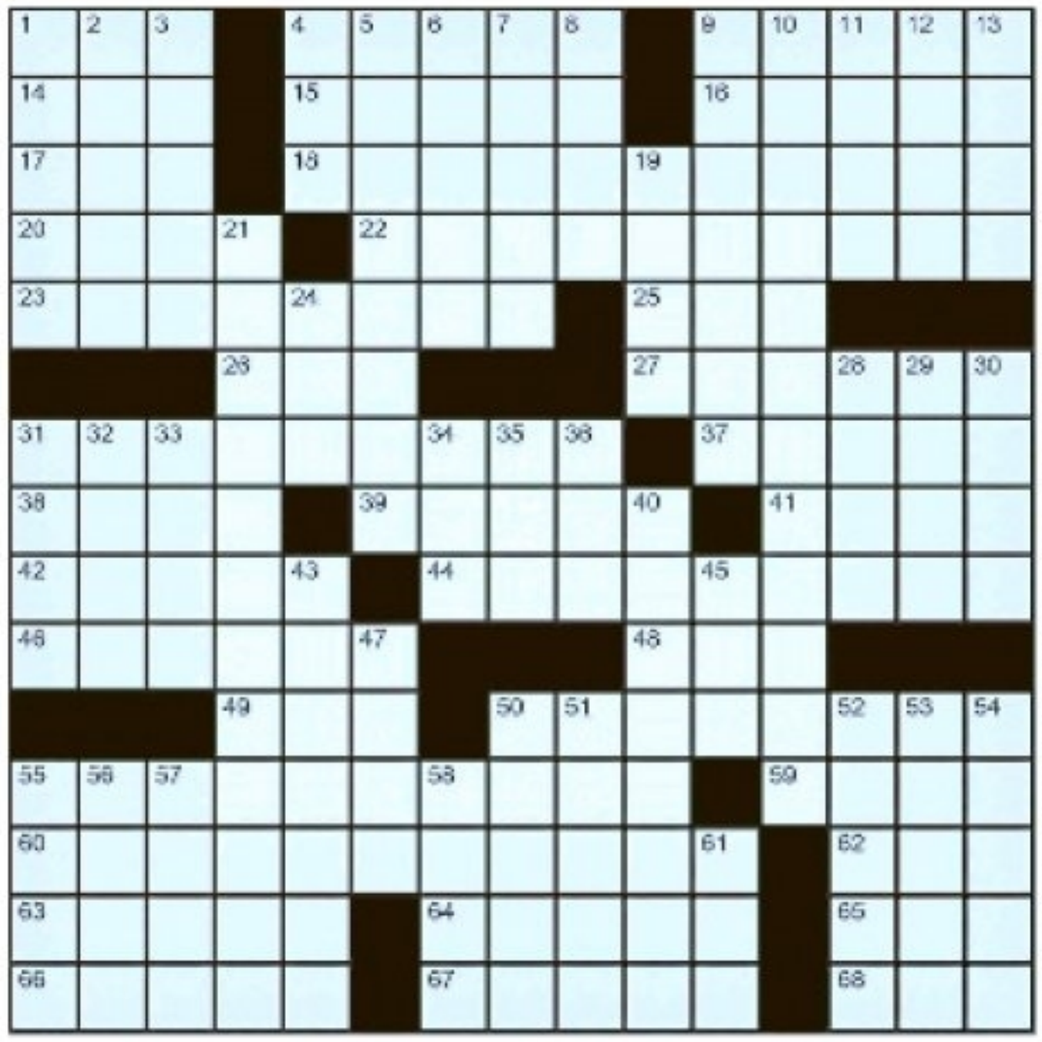
4. Place skillet back over medium heat and add butter. Swirl that around the pan. Pour in eggs. Cook until edges begin to set. Crumble bacon and sprinkle on eggs. Lay down slices of apple in a circular pattern. Sprinkle remaining cheese on top.

5. Place in oven 15 to 20 minutes, until top is puffy and just lightly set. Remove carefully and allow to cool for a couple of minutes before slicing.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Foodstuff on the farm
4. After: French
9. Abandon
14. Here, in Spanish
15. "Super, soprano!"
16. Doggy
17. Guffaw
18. The city of Courtenay's area on Vancouver Island: 2 wds.
20. Plummet
22. Work at the drive-thru in a way: 2 wds.
23. "The Guns of _" (1961)
25. Fire dept. ranks
26. As written
27. Ground sesames paste
31. National Park in Newfoundland which is a UNESCO World Heritage Site: 2 wds.
37. Slangy negatives
38. Military helper
39. _ River, British Columbia
41. Man, in Rome
42. Canadian pianist Mr. Gould
44. Food Network Canada celebrity baker: 2 wds.
46. Poseidon or Neptune: 2 wds.
48. 'V' of VCR, for short
49. 'Ranch' suffix
50. Lifted to a higher position: 2 wds.
55. Fought a little
59. Soaps actress Ms. Sofer
60. Subterfuge of ancient Greek legend: 2 wds.
62. The thing's
63. Spur's revolving part
64. "Bye!"
65. Athletic
66. Flees
67. Thelma's portrayer on film
68. Aristocrat's approving answer

DOWN
1. Joseph _, 'Father of the Symphony'
2. Honda model
3. Stand-up comic Mr. Smirnoff
4. The Jackson 5 hit
5. Diplomatic procedure
6. Sir Chandrasekhara Venkata _ (Nobelist in Physics, in 1930)
7. Call forth
8. _-Coburg-Gotha (Former royal house)
9. Austere
10. Style-for-sleeves currently on trend in womenswear: 2 wds.
11. Function
12. Top-notcher
13. _. Ed. (Gym class)
19. Electrical unit
21. Boeing 737, for one: 2 wds.
24. Cup's circle
28. Stock mkt. debuts for companies
29. Captain for Jules Verne
30. Glenn Frey's "The Heat _ _"
31. "Just for Laughs _" (Canuck fun TV show)
32. Irritate
33. Ancient concert sites
34. Narrow inlet
35. Bert Bobbsey's twin
36. 'South' suffix
40. Harley-_
43. Average temperatures
45. "_" _ for Outlaw (Sue Grafton novel)
47. "How ya _?" (Casual query)
50. Providence, _ Island
51. Eagle's cliff retreat
52. Glorify as a god
53. Loosen the laces
54. Vermicelli or Macaroni
55. Gibraltar, et al.
56. Fast food titan Ray
57. Des Moines' state
58. 1970s hairstyle
61. Conductor, _-Pekka Salonen

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting day! Expect to meet new faces and see new places. You have lots of energy to go with the ever-changing flow today. Stay light on your feet!

Taurus April 21 - May 21
Trust your moneymaking ideas today, because you are truly inventive and imaginative. However, keep an eye on things because this is a fast-paced, quickly changing day. This might affect your cash flow.

Gemini May 22 - June 21
You are supercharged with energy today! You feel restless and impatient. Routine will bore you. Instead, go with your impulses so you can seek out new experiences.

Cancer June 22 - July 23
You will not be patient with restrictions today — oh, no! You want to break out of your sandbox and do your own thing! This is why you are quietly plotting change.

Leo July 24 - Aug. 23
Your interactions with friends and groups will be sudden and unpredictable today. You might join forces with someone to introduce reform and improvement to society or your community. Work for good!

Virgo Aug. 24 - Sept. 23
Your ambition is aroused today, which is why you might do something that surprises others. You're ready to go out on a limb to support your beliefs and your agenda.

Libra Sept. 24 - Oct. 23
Things are up in the air when it comes to travel. Travel plans might be cancelled or rescheduled. Alternatively, you suddenly might travel when you didn't expect to do so. Surprise news in the media also is likely.

Scorpio Oct. 24 - Nov. 22
You will defend your best interests regarding shared property, taxes, debt and inheritances today. It's possible that someone will challenge you.

Sagittarius Nov. 23 - Dec. 21
Relationships with partners and close friends are stimulating but unsettling today. People will do or say things that surprise you.

Capricorn Dec. 22 - Jan. 20
You want to break free from boring routines on the job today. Modern, high-tech equipment might be introduced to where you work. It's a high-energy day!

Aquarius Jan. 21 - Feb. 19
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social events suddenly might fall in your lap or, alternatively, be canceled. It's a crapshoot.

Pisces
Feb. 20 - March 20
You have lots of energy to make changes for the better at home today. Some of you will rearrange your living room.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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7	5	3	1	8	4	2	6	9
8	6	2	3	9	5	4	1	7
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HUDSON'S BAY STRENGTH IN STRIPES HBC FOUNDATION
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Whether you know it or not. But this Father's Day we need more than unknowing support. Raise money by having your workplace wear plaid on June 16.

PLAID FOR Dad

Register your workplace at plaidfordad.ca